






 **97%**
HEALTH SCORE

Mango Black Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

25 min.

SERVINGS

3

CALORIES

215 kcal

SIDE DISH

Ingredients

- 1 cup black beans canned rinsed
- 1 teaspoon chili powder
- 0.3 cup cilantro leaves
- 1 cup corn kernels
- 1 teaspoon garlic minced
- 4 green onions sliced
- 1 teaspoon ground cumin
- 3 servings salt and ground pepper black to taste

- 3 juice of lemon juiced
- 1 medium mangos cubed peeled
- 1 tablespoon olive oil extra-virgin
- 1 medium bell pepper red chopped
- 5.5 cups romaine lettuce chopped

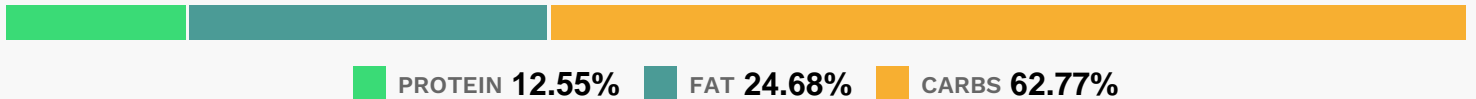
Equipment

- bowl
- whisk

Directions

- Combine mango, red bell pepper, black beans, corn, green onions, and cilantro in a large bowl.
- Whisk together lemon juice, olive oil, garlic, cumin, chili powder, salt, and pepper in a small bowl.
- Add dressing to fruit and vegetable mixture; toss to coat.
- Add romaine lettuce and toss lightly to mix.

Nutrition Facts



Properties

Glycemic Index:71.58, Glycemic Load:5.65, Inflammation Score:-10, Nutrition Score:26.606521658275%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 214.56kcal (10.73%), Fat: 6.5g (10%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 27.52g (10.01%), Sugar: 15.79g (17.54%), Cholesterol: 0mg (0%), Sodium: 357.21mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin A: 9978.62IU (199.57%), Vitamin K: 134.15µg (127.76%), Vitamin C: 97.1mg (117.7%), Folate: 237.67µg (59.42%), Fiber: 9.69g (38.75%), Manganese: 0.52mg (25.76%), Potassium: 773.51mg (22.1%), Vitamin B6: 0.37mg (18.41%), Iron: 3.25mg (18.05%), Vitamin E: 2.53mg (16.84%), Vitamin B2: 0.26mg (15.55%), Vitamin B1: 0.23mg (15.21%), Magnesium: 60.1mg (15.02%), Phosphorus: 148.86mg (14.89%), Copper: 0.29mg (14.53%), Vitamin B3: 2.26mg (11.32%), Calcium: 85.43mg (8.54%), Vitamin B5: 0.76mg (7.56%), Zinc: 1mg (6.68%), Selenium: 2.33µg (3.32%)